



Hands on
Paws

Presents

Pawfect Balance

The Wonderful World of Dogs and Canine Myofunctional Therapy

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FREE



Cover Photo: TGO (Team Golden Oldies) Headquarters. Seniors having fun.



CONTACT DETAILS:

E-Mail: info@handsonpaws.com.au

Web: www.handsonpaws.com.au

Mobile: 0431 948 208

In This Issue

3. TGO Headquarters
5. Canine News – Working with Poppy
7. Travelling Canines – Ticks
8. Top Dog Spots

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From the Editor.



Hi to all my friends,

It's been a busy time of year, yet again. My hubby and I went on holidays and we caught up with an amazing couple. Lisa and Ian run Team Golden Oldies (TGO) they look after rehomed senior canines. We've got an article on TGO, and Poppy, one of the Golden's rescued from a puppy farm. We also have an article on ticks, and how they impacted our holiday.

Top Dog Spots looks at how we can find dog friendly parks and beaches whilst on holidays. We are always looking for your feedback and contributions to our e-zine, so please drop us a line.

I'd like to take this time to wish all our readers, friends and clients a Merry Christmas and Happy New Year, and I look forward to seeing you all next year.

Join me on my Facebook page where I post articles about our canine friends, their muscles, skeletal system and the wonderful world of Canine Myofunctional Therapy.

<https://www.facebook.com/CanineTherapy4575/>

Regularly visit the web page www.handsonpaws.com.au where I have various free downloads available and more information on my business.

TGO (Team Golden Oldies) Headquarters

This holiday I decided to visit Team Golden Oldies, Lisa and Ian care for rescued oldies in their golden years. I had been following the work in progress at Team Golden Oldies and found that I was just truly amazed at the antics of these senior dogs and Lisa who cares for these beautiful beings, warts and all. We struck up a friendship and I was determined that I wanted to spend part of my holiday meeting this bunch of beautiful souls and maybe I might get the chance to do some pro bono therapy treatments on the oldies. Well the rest is history, Lisa and Ian are the most incredibly selfless people we have ever had the pleasure of meeting, and what they do and what they give will never be able to be measured.



Some of the rescued seniors at TGO

So what is TGO headquarters all about? Seven Golden Retrievers and a Dalmatian, who I'm sure thinks she's a golden, dogs are rehomed that have been abandoned, rescued from puppy farms or left by owners who could no longer look after them. The dogs range in age from approximately 4yo (Poppy) rescued from a puppy farm to about 13yo, with the majority over 10yo. These dogs are given a beautiful 2.5 acre sanctuary to live and enjoy their days with peace, harmony, love, cuddles, good food, treats and toys, warm bedding and the security that this is their final resting place.

Lisa and Ian do an amazing job, as looking after senior dogs can be taxing, with histories of unknown ailments, arthritis, existing medical conditions, personalities that don't always get on, little idiosyncrasies, and feeding time, all the while keeping all separated so they get their fair share of the food. Washing the dogs, their blankets and grooming. Keeping toe nails clipped, hair trimmed and brushed all takes time.



The oldies resting in the play area

That's not all though, the story doesn't end there, the dogs need to be fed and vet bills need to be paid. This all costs dollars, and while Lisa and Ian do get some donations of food, bedding and blankets from time to time, the upkeep of 8 oldies is no small task. What is amazing is that Lisa and Ian go beyond the day to day running of TGO and the dogs and utilise their incredibly talented craftsman skills to help support the oldies. Lisa also writes children's books, through the eyes of her charges. The stories present the readers with real life situations and how to deal with these, all through the eyes of their beloved senior Golden Retrievers. Money raised here goes to other canine rescue sites, and not their own.



Dinner Time

TGO Headquarters continued

As mentioned before Lisa and Ian create beautiful workmanship through Love and Light Leadlight Sculptures, very creative and stylish are keenly sought by the public. Money raised from this venture is used solely to provide food and to pay vet bills for the dogs in their care. Two very busy people that work with the community on projects, care for senior canines and spend little on themselves, an amazing couple, with hearts so big, and a genuine love and belief in providing all that is beautiful for oldies in their days to come.



The sign let's you know you're there



I'm sure Indy thinks she's a Golden Retriever



Nev, showing off his six pack



Lucky enjoying nature



The back yard, the play area for the fur kids

Follow their stories and what they do; You can find their web addresses at www.handsonpaws.com.au on the "Our Friends" page. It's certainly worth the look.....



Sam, He's about ten years old



Canine News – Working with Poppy.

What an experience of a lifetime to meet Poppy who once had a title of the puppy farm girl. I don't want her to always be known by this, but this had been her journey until she came to a new life at Team Golden Oldies. Now Poppy isn't theoretically and oldie she has been rescued and rehomed from a truly diabolical greed infested inhumane sad saga. So the new journey for Poppy begins to unfold. It wasn't an easy transition for Poppy with 7 other canines to get used to and she quickly learnt to find her safe corner which even to this day she still migrates back to when her fight or flight kicks in.



Poppy, always keeping her distance, and very alert

While Lisa and Ian are two of the kindest and most caring people you could meet, Poppy still feared human contact, sharp movements, eye contact, loud voices. It has been an extremely slow journey for all of TGO while Poppy slowly learns that she does have a family to feel safe in and be apart of, she does have humans in and around her that will never cause her any harm.

Some journeys are just really slow and steady, like baby steps. So with having all this knowledge on board I guess I had a little bit of an idea, but was I so wrong. Poppy's fear was so prevalent and I honestly believed if I was going to even have the slightest opportunity to get close to her I had to do it believing I was given the privilege and honour. I used where I could my body language and voice to show to Poppy I was no harm, all the while believing that she wanted to suss me out but was guarded.



Poppy in her safe spot

Then one of the first most brilliant things that happened was I had some treats and was being surrounded and endorsed with love by 7 other canine friends and then I witnessed Poppy come right up to my hand with all the others around and nudge her way in slowly to get some food, and then she just scurried off. It was a start, and from there with great patience and belief in Poppy small things started to change, she seemed a little more used to my voice, less guarded. Improvement showed more steps in getting a little closer, to sniff my hand and from there we got to a stage where with Lisa's

Canine News- Working with Poppy

help all the way we were able to place Poppy on her mat where I started simply with touch.



Poppy still cautious, but coming in closer

At no time in this was Poppy restrained by lead or hand, she just had her guardian human mother right there sitting beside her, reassuring her all the way. The power of touch and with each stroke intended on delivering some relaxation, and calmness. It wasn't long before I could feel how Poppy's body was slowly going with the flow, almost enjoying it. As a Canine Myofunctional Therapist this was not about achieving set objectives this was all about engaging with Poppy, and getting her used to the healing powers of touch. As the time progressed during the week, little shifts in Poppy's personality began to beam and I was in awe, and still am if I am honest.



Poppy, alert, at the rear of the pack, she's a little more relaxed

It was difficult for me when I left, because while I had spent time massaging



Poppy coming closer to me and playing

and applying specified techniques to all the oldies to improve movement, and some flexibility, I wanted to give to Poppy so much more, as I believed there was so much more in there, it was all about timing. After we had been home a few days as we were going to go and have a few more days away elsewhere we just wanted to go back to TGO and that is what we did and it was wonderful and I was able to have more positive time with Poppy. I am under no illusions this will be along journey for Poppy, but it is a reminder that it all starts with a simple step.

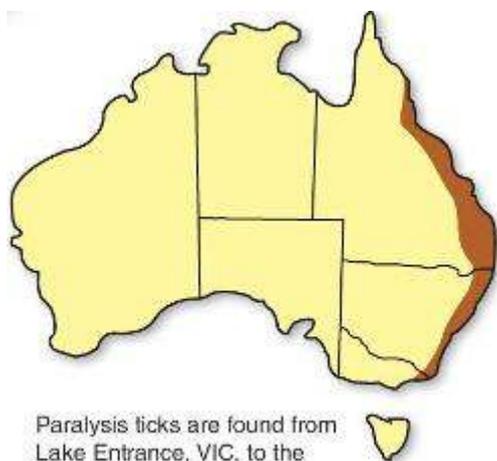


Giving Poppy the power of touch

Travelling Canines - Ticks

This is a recipe we chose to make to take on holidays as we are not personally great advocates of chemical repellents, due to the toxic overload on the system (some of them). Personal choices as stated, we wanted safe, and natural as possible.

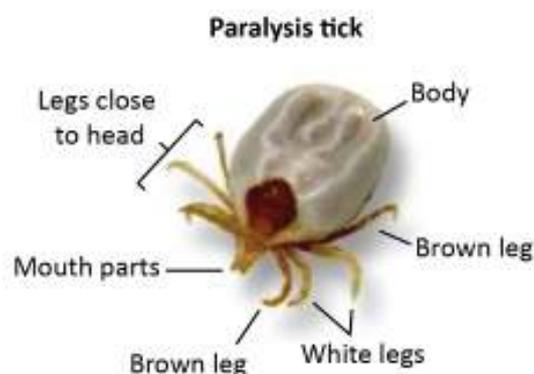
“Add 1 cup of distilled water to a spray bottle, followed by 2 cups of white vinegar. Ticks hate the smell and taste of vinegar, and will be repelled by this ingredient alone. Then, add two tablespoons of vegetable or almond oil, which both contain sulphur (another natural tick repellent).” To make a repellent that will also deter fleas, mix in a few drops of lemon juice, citrus oil, or peppermint oil, which will all repel ticks and fleas while also creating a scented repellent.



So did it work you ask? We decided we would spray our boy twice a day with the natural repellent also using lemon oil drops on his collar not directly on the skin. I'm absolutely sure it helped repel ticks, but unfortunately it's the ticks that get past the repellent that are the big risk

We used the repellent by spraying it on our Golden Retriever twice a day. It was also recommended that we thoroughly check our dog twice a day as well. We did

All was well for the first two weeks of our holiday, and then one night our boy was off his food, something's wrong when our boy doesn't want his food. Later that night on returning to the cabin he stumbled up the stairs to our cabin, his hind legs giving way.



Time for another close check of Darbi's fur coat and skin, a paralysis tick had burrowed into his hindquarter. It appeared to have been there for at least 2 days. We removed the tick and Darbi recovered reasonably quickly. We were lucky; though it was the scariest time we had to endure with Darbi in relation to his health.

As we were continuing our stay in a high risk tick area we did decide it was in his best interest and our mental rest that Darbi be given a tick / flea chewable straight after removing the tick. We wanted any ticks on Darbi dead, so no more poison could be injected into his system.



Travelling Canines - Ticks /

Top Dog Spots

This decision to medicate, do I or don't I is not an easy one to make but rest assured I know that I have certainly been challenged. In the future we will visit each situation with careful research and the utmost of care. There are no definite guarantees on either choice when ticks are around, as neither offer a 100% guarantee. Please be guided by those around you, listen to all for's and against and then do what resonates for you and your best friend.



Finishing off, I said I'd give you a report on the 55 litre esky we got for Darbi's raw food. The food kept frozen for the time we travelled in the car on long days (8hrs plus), and even after 5 days there was still a large amount of ice left. We did note that the esky took up a lot of space in our VW Golf. This will be our final article on travelling canines, and a new feature article will appear next issue in the New Year.



Throughout this series I have been looking at our local top spots for our fur kids. In this final edition of Top Dog Spots I will look at ways for finding places to take our dogs when travelling or on holidays,

There are many places that are great for our pets, but to find them quickly during a one night stopover, or making sure you don't find that great spot until the last day when you are ready to leave, takes a bit of research.



Darbi at Arakoon

If you have access to the internet, the local council website will likely list pet friendly areas and this is a great way to start. Often there are also links to local parks and canine clubs. If you don't have the internet, a visit to the local tourist information centre may help.



Back Creek at South West Rocks

Top Dog Spots

Talk to the locals you see walking their dogs, as they may know places not listed on the internet. Pet friendly cafes are another place to meet up with like minded people, who can guide you to great locations, or just a friendly chat about our fur kids.



Sam and Ned at Back Creek, on a day out

Talk to the people where you are staying, it doesn't matter if it's a unit or holiday park, there'll be someone who knows the local area.



TGO on a day out

On our recent trip we had no problems finding places for our fur kid to have some holiday fun

Bulli near Wollongong, South West Rocks and Arakoon all had great spots. I'm glad I talked to the locals, as they had a wealth of information at hand. Don't forget to always respect your locals and the areas you take your dog this forms lasting friendships alike with tourists and the locals.



Lote and Darbi enjoying brekkie at a dog friendly cafe

I hope these few ideas help you on your next holiday or travels with your fur kid.



Sunshine coast





Hands on Paws, provides Canine Myofunctional Therapy to the Sunshine Coast. Covering Caloundra in the south To Noosa in the north, and west to Landsborough for a standard set fee.
(Currently we only accept cash payment.)

45 Minutes	\$45
60 Minutes	\$60

Outside of these areas services are provided at the standard fee, **plus** a fuel and travel expense to be negotiated at the time of booking.

Bookings:

Please call Sarah on
0431 948 208
to make an appointment

*Please leave a message if
I don't answer
I may be treating a patient.*